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LLANFYLLIN
RURAL DISTRICT COUNCIL.

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE

YEAR 1925.

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of course. So
your sheeted servant

J Felix Jones

Medical Officer of Health
to the Kensington Rural
Sanitary Board



The Chief Medical Officer

May 18th 1926

Whitchell

Sir,

I beg to enclose you a

Copy of my Annual Report-

LLANFYLLIN
RURAL DISTRICT COUNCIL.

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE

YEAR 1925.

LLANFYLLIN,

April 16th, 1926.

*To the Chairman and Members of the Llanfyllin
Rural District Council.*

GENTLEMEN,

I beg to lay before you my Report on the sanitary condition of your District for the year 1925.

Area of District—163471 acres.

Population (census 1921)—12145.

Population estimated 1925—12200.

The physical features and general character of the District : Numerous well-watered valleys with surrounding hills, terminating in the large valley of the Severn.

The upper part of the district is very hilly and barren with clay and peaty soil.

Number of inhabited houses (1921)—2814.

Number of families or separate occupiers (1921)—2851.

Rateable value—£142645.

Sum represented by a penny rate—£594.

The district is very nearly purely agricultural except at Llangynog, in the upper part of the district, where there are granite quarries, the stone from which is crushed and used for road making.

Vital Statistics.

Births.—There were 245 births registered during the year—131 boys and 114 girls—26 being illegitimate—17 boys and 9 girls. This gives a birth rate of 20 per 1000. The birth-rate for 1924 was 20.6, for 1923 21.7, for 1922 20.9, and for 1921 22.1 per 1000. In 1924 there were 30 illegitimate births, and in 1923 18.

Deaths.—There were 150 deaths registered during the year—77 males and 73 females. This gives the low death-rate of 12.29

per 1000, for 1924 it was 14.6, for 1923 15.1, for 1922 15.1, and for 1921 15.2 per 1000.

There were 4 deaths from Influenza; 7 from Pulmonary Tuberculosis and one from other Tuberculosis Diseases; 19 from Cancer (9 males and 10 females); one each from Rheumatic Fever, Diabetes, and Cirrhosis of Liver; there were 14 deaths from Cerebral Apoplexy; 16 from Heart Disease; 13 from Bronchitis; 5 from Pneumonia; 10 from Nephritis or Inflammation of Kidneys; 7 from Violence, and there was one Suicide.

I should like to draw your attention to the fact that with the exception of Influenza there were no deaths from any of the infectious fevers.

There is also a decrease in the deaths from Cancer.

Infantile Deaths.—There were 12 deaths of infants under one year of age—two being illegitimate. The Infantile death-rate will therefore be the low one of 49 per 1000 births; for 1924 it was 64; for 1923 and 1922 91, and for 1921 109.

Three of these deaths were premature births, two from Gastritis, one from injury at birth, one from Congenital malformation, and one from Mal-Nutrition.

The following Table compares our statistics with those of the kingdom generally :

	Birth-rate per 1,000	Death-rate per 1,000	Deaths under 1 year of age per 1,000 births.
England and Wales	18.3	12.2	75
105 Great Towns	18.8	12.2	79
157 Smaller Towns	18.3	11.2	74
London	18.0	11.7	67
Llanfyllin Rural District ...	20.0	12.29	49

Amount of Poor Law Relief.

The amount of out relief paid for the year ending March 25th, 1925 for the whole district excluding Llanfyllin Municipal Borough was £2889 os. 9d.

The Llanfyllin Poor Law Institution is the only Institution utilised for the relief of poor persons who are destitute or, who being ill or infirm, are moved there for better nursing and attendance.

There have been no causes of sickness or invalidity especially noteworthy in the district, nor any conditions of occupation or environment which appear to have had a prejudicial effect on health.

General Provision of Health Services.

I. Hospitals.—There are none in the district but the following are available :—

- (a) **For Smallpox.**—There is accommodation in the County Smallpox Hospital, Mochdre for ten cases, and the County Medical Officer of Health has made arrangements for securing further (temporary) accommodation and a staff of Nurses in the event of a serious outbreak.
- (b) **For other Infectious Diseases.**—Under an agreement between the County Council and the Shrewsbury and Atcham Joint Isolation Hospital Authority, urgent cases which cannot be safely treated at home on account of housing or other conditions are sent to that Institution.
- (c) **For Tuberculosis.**—The Welsh National Memorial Association give all facilities for removal of cases to their Hospital at Machynlleth within the county.
- (d) **Maternity.**—A scheme for the establishment of small Maternity Homes in the County is being agreed upon.
- (e) **Children.**—Orthopedic cases are sent to the Shropshire Orthopedic Hospital near Oswestry, and there are Children's Wards in the Newtown and Welshpool Hospitals, with facilities for X-ray treatment.

II. The Llanfyllin Poor Law Institution is the only provision for unmarried mothers, illegitimate infants and homeless children in the district.

III. Ambulance facilities for infectious diseases :

- (a) By the Shrewsbury and Atcham Isolation Hospital.
- (b) For non-infectious diseases, by the Local Hospital.

IV, Disinfection.—This is effected by your Sanitary Inspector by means of Formaline Spraying. There is no Steam Disinfector in the County.

V. Clinics and Treatment Centres :

- (a) **Tuberculosis Stations.**—The County Tuberculosis Physician visits Llanfair and Llanfyllin on fixed days. He has a consulting-room and waiting room at each station provided by the Welsh Memorial Association. He examines cases of Consumption and those in contact with them and his visits are productive of much good, in educating the people in the advantages of fresh air, cleanliness and the simple rules of hygiene.

(b) **Surgical and after care Clinics for Tuberculosis.** —

Every alternate month one of the Medical Officers of the Surgical Block, Llangwyfan Sanatorium, accompanied by Dr. Owen Morris the County Tuberculosis Physician, holds a clinic for the diagnosis of fresh cases and for keeping under observation the surgical patients who are now at home after a course of residential treatment. At the Clinics they are examined, and, if required, re-admission to Hospital is arranged. Without these clinics much of the good work done in the Memorial Hospital would be futile and the fact that the patients so willingly attend, many from long distances, is proof that these clinics are much appreciated.

The Clinics that are attended by the people in this district are held at Llanymynech and Welshpool and notice is sent by Dr. Owen Morris to Doctors and patients before the date the clinic is held. In addition to Residential treatment suspicious and actual cases of Tuberculosis are seen by the Tuberculosis Physician at his clinics at Llanfair and Llanfyllin and visits are paid to their homes both by the Tuberculosis Physician and the Tuberculosis Sister.

Number of Patients from the District admitted to the Hospitals and Sanatoria of the King Edward Welsh National Memorial:—

	<i>Men.</i>	<i>Women.</i>	<i>Children.</i>	<i>Total.</i>			
In residence Jan. 1st, 1925	Nil	...	2	...	2	...	4
Admitted during year ...	7	...	10	...	1	...	18
Discharged during year ...	5	...	7	...	1	...	13
In residence Jan. 1st, 1926	2	...	5	...	2	...	9

Of the 13 discharged, 3 died. One had no active signs of disease. Two discharged themselves against advice. 3 fit for work, 4 improved. Those discharged had between them a total of 202 weeks of treatment in the Institutions of the Association.

In addition, a considerable number of cases were examined and diagnosed at these Clinics and the patients are encouraged to keep in touch with the Tuberculosis Physician until they are regarded safe. Members of the Patients household are also examined as contacts. The Tuberculosis Sister has paid a large number of visits to patients houses and the District Nurses co-operate under the Memorial Scheme which contributes £5 per annum to each Nursing Association.

- (c) **Child Welfare Centre.**—There are only two in the district; one at Guilsfield and one at Llanwddyn held only during the summer months.

Public Health Officers.

1. One part-time Medical Officer of Health.
2. One whole-time Sanitary Inspector who also acts as food Inspector but has no special qualification.
3. One County Superintendent who supervises the District Nurses and Midwives and who is appointed by the County Council.

Professional Nursing.

- (a) **General.**—There are nine District Nurses controlled by nine different Nursing Associations in your district. These district Associations are affiliated to the County Nursing Association and the Nurses are employed by the County Council as Health Visitors and School Nurses.
- (b) **For Infectious Diseases.**—No special arrangement made. The district Nurses are not allowed to attend infectious cases.

Midwives.

Eight of the district Nurses are certificated Midwives and are supervised in all branches of their work by the County Superintendent. There are no independent Midwives subsidised by the County Council.

Regulations in Force.

1. Milk Regulations.
2. Building Byelaws.
3. The District Council intend to apply to the Ministry of Health for an order making Part 5 of the Public Healths Acts, 1925, applicable to the whole district.

Sanitary circumstances of the District.

Water-Supply.

The only public-piped supplies in the district are at Llanrhaiadr, Llangynog and Llanfair. Private supplies are used in Llanfihangel and Dolanog.

Llanrhaiadr is a village partly in Denbighshire and partly in Montgomeryshire. Our portion contains 40 houses: these are supplied with water by the Denbighshire Local Authority. The water is piped to standpipes, and in some instances laid on to houses.

Llangynog.—A village of 80 houses, has a public water-supply derived from springs above the village, the water from which is collected into a properly-bricked and cemented tank from whence it is distributed through 3-inch glazed socket-pipes to standpipes in the village.

Llanfair.—A town of 175 houses, has a public water-supply. The water is derived from springs in the hill south of the town, is collected into two large brick tanks, from whence it is piped to standpipes in the town, and is laid on to many houses.

Llanfihangel.—A hamlet of about 10 houses, has a piped supply from a spring, and so also has Dolanog, another small hamlet.

Llanwddyn village is supplied by the Liverpool Corporation.

The following hamlets and villages in your district are supplied by shallow wells and pumps:—

Penybontfawr, 40 houses.

Llanerfyl, 15 houses.

Llanfechain, 30 houses.

Llansantffraid, 70 houses.

Meifod, 50 houses.

The wells built by the Local Authority are bricked in and protected from surface pollution. The rainfall of the district is so heavy that shortage of water is rarely experienced. The district has never suffered a serious water-borne infection, and for this immunity the good filtering qualities of the gravel soil at the bottom of the valleys and the Severn plain are probably responsible.

River Pollution.—The slop-water and surface-water drainage of the various villages enter the rivers untreated, and in the case of Llanfair water-closets are connected to the drainage system.

Drainage and Sewerage.

Llanymynech.—The sewer, made of glazed socket-pipes and a portion also being a brick barrel-drain, is now combined with the drainage of the Shropshire portion of the village, and the whole is flushed by the waterworks erected by the Oswestry Rural District Council.

Llansantffraid.—One sewer is flushed with water from a brook. The sewers discharge into ditches and are unventilated. Ventilation of these sewers should be proceeded with at once. The refuse dumping ground in Lletty Lane has been cleaned out, and arrangements are being made to make it a larger dépôt.

Llanfair has no proper drainage or sewerage system. The brook running down Bridge Street must be regarded as a sewer. It is unventilated, and the sewer gas escapes at the upper end by the baker's shop creating a nuisance. The scheme which has been before you of covering the brook for 20 yards above the present culvert would put an end to this nuisance, but the only effectual way is to have a proper sewerage and drainage system with sewage disposal works.

Penybontfawr has an open drain behind the houses discharging into a piped drain which empties into a pit about 300 yards away.

Llangynog, Llanrhaiadr, Meifod and Llanwddyn use glazed socketted drain pipes. All have primitive systems of disposal of surface and slop-water, and they all discharge into the nearest stream or into ditches, excepting Llanwddyn, which discharges into a pit.

Closet Accommodation.

The pail closet is the general type used in the district. There are many privies and ashpits still which we are trying to convert into pails. There are about 50 houses which have water-closets. In the country districts these water-closets discharge into cesspools properly constructed or into pits, the overflow from which discharges over land or into ditches.

In Llanfair they discharge into the brook. Generally the householders are responsible for the cleaning of privies, pail closets, &c., and the contents are mixed with ashes and buried in gardens. In Llanfair, Llangynog and Llanrhaiadr the cleansing and removal of pails and house-refuse is carried out by contract and a weekly collection made.

The refuse and night-soil are disposed of on tipping grounds. The one for Llanfair is on land a mile and a-half outside the town.

At Llanrhaiadr it is removed to a farm, and at Llangynog thrown into a disused lead mine. The work appears to be done satisfactorily, and very few complaints are made. At Llanymynech a group of houses is provided with a covered-in ashpit into which the householders deposit their pail contents. This pit is periodically emptied and cleaned. In my opinion it is not at all satisfactory. The ashpit is much too large, the contents allowed to accumulate, and in hot weather it forms a breeding-ground for flies, and is always insanitary. It would be much better if the pail system and ashbins was adopted in this village and the night-soil and refuse removed weekly. With the exception of six houses, every house in the district has a separate closet.

Scavenging.

Arrangements are made for a weekly removal of house refuse at Llanrhaiadr, Llanfair and Llangynog. The refuse is stored by householders in boxes, buckets or sanitary ashbins, and is removed to the tipping-ground by contractors.

Street-scavenging is only carried out in Llanfair.

Sanitary Inspector's Inspections.

1.—Number of Inspections made during the year :—

Slaughter-houses	272
Bake-houses	50
Dairies and Cowsheds	400
Factories	22
Workshops	90

2.—Nature of Inspection :—

Eleven cases of want of cleanliness were observed, and one case where a circular saw in a saw mill was unguarded.

3.—Number of notices served :—

Informal	12
Statutory	<i>Nil</i>

4.—Result of service of Notices :—

Faults remedied.

Schools

The work of medical inspection of the children in the Elementary Schools in your district is carried out at stated intervals by the County School Medical Officer. This system of inspection has permanently improved the health of the children by bringing to light cases of defective eyesight and hearing, adenoids, enlarged tonsils and cases of incipient consumption, &c. A School Dentist also looks after the children's teeth, which is a very necessary aid to health.

When infectious disease is present closing of the entire school is prevented as much as possible by the exclusion of children from infected houses.

The water-supply and general sanitary condition of the schools is satisfactory.

Chicken-pox, influenza and colds necessitated the closing for varying periods of the following schools:—Llanfechain, Llangynog and Carreghofa.

Food Inspection.

The Sanitary Inspector is responsible for the inspection of food in the district.

In one instance he condemned a carcase as tuberculous and called in a veterinary surgeon who confirmed his opinion, and the carcase was destroyed. In all suspicious cases it is understood you allow a veterinary surgeon to be called in.

There is no public abattoir in the district. There are 17 slaughter-houses, 15 registered and two licensed, situated as follows:—Llanfair, 2; Four Crosses, 1; Llanymynech, 1; Llan-santffraid, 2; Penybontfawr, 1; Llangynog, 2; Foel, 2; Penygarnedd, 1; Penybraich Llanfihangel, 1; Bwlchycibau, 1; Meifod, 2; Glanrhyd Llanwddyn, 1. They are inspected periodically and their interiors lime-washed, and they are clean and well-kept. They have properly-constructed floors and are drained to an outside gully. None of them contain more than one chamber.

Private Slaughter-Houses.

		In 1920.		In Jan., 1925.		In Dec., 1925.
Registered	...	12	...	15	...	15
Licensed	...	0	...	0	...	2
		—		—		—
Total...		12		15		17

Bakehouses.

These are 8 in number. They are inspected periodically and are all satisfactory.

There are no underground bakehouses in your district.

Milk-Supply.

220 Cowkeepers are registered in your district. All are visited about once a year.

In the villages there are a few produce-vendors. In the country districts the farmers sell milk by retail only to the people living close by, and there is sometimes great scarcity.

In the lower end of the district the farmers dispose of their milk to two milk depôts at Four Crosses. One of these depôts, now the Farmers' Co-operative, buy about 1,600 gallons of milk daily. This milk is Pasteurised and held at a temperature of 146 degrees for 40 minutes, then is gradually cooled. It is really a Grade A milk, but is not sold as such.

The cowsheds in this part of your district are generally commodious, well-lighted and ventilated buildings with good floors and drainage.

No applications have been made for licences for the sale of milk under special designations. There have been no refusals or revocations of registration of retailers or of licences.

Sale of Food and Drugs Act.

Three samples of milk were taken during the year and found to be satisfactory.

Infectious Diseases.

The following Table shows the notifiable diseases (other than Tuberculosis) from 1920 to 1924.

Total Cases Notified.

<i>Disease.</i>	1920	1921	1922	1923	1924
Smallpox	Nil	Nil	Nil	Nil	Nil
Scarlet Fever	34	20	32	50	27
Diphtheria	52	36	29	10	23
Enteric Fever	4	Nil	4	Nil	3
Puerperal Fever	1	3	Nil	1	1
Pneumonia	3	9	28	41	29
Erysipelas	1	—	1	3	2
Cerebro-Spinal Fever ...	Nil	1	Nil	Nil	Nil
Ophthalmia Neonatorum	Nil	Nil	Nil	Nil	Nil
Encephalitis Lethargica ..	Nil	Nil	1	Nil	Nil

The following Table shows the notifiable diseases (other than Tuberculosis) for 1925.

<i>Disease.</i>	Total Cases notified.		Cases Admitted to Hospital.		Total Deaths.	
Smallpox	Nil	...	Nil	...	Nil
Scarlet Fever	26	...	Nil	...	Nil
Diphtheria...	...	5	...	Nil	...	Nil
Enteric Fever	Nil	...	Nil	...	Nil
Puerperal Fever	1	...	Nil	...	Nil
Pneumonia	25	...	Nil	...	5
Ophthalmia Neon- atorum	2	...	Nil	...	Nil
Erysipelas...	...	4	...	Nil	...	Nil

Diphtheria.—5 cases notified. With the exception of one case in an isolated farmhouse near Hirnant which was imported from Llangollen, the remaining 4 occurred in 3 houses in Llandysilio. The disease was clearly imported from an outside district. There were no deaths. Disinfectants were freely supplied, and the usual precautions taken to prevent its spread. There has been a severe epidemic in the district which commenced in the Llangynog area in 1920 and gradually spread over the greater part of the district. This is now dying out. Of the 23 cases notified in 1924, 20 of these occurred in a school, and there was strong evidence that the disease was imported there by one of the boys whose home was outside the county. There was nothing in the sanitary conditions of the school premises or in the milk supply to account for this epidemic.

Diphtheria antitoxin is always promptly used in all cases, and no patient is considered convalescent until a negative throat swab has been obtained.

The Schick Test has not been tried.

Scarlet Fever.—There has been a wide-spread epidemic of this disease in all parts of your district. It is of a mild form.

Ophthalmia Neonatorum, or inflammation of the eyes in newborn infants. There were 2 cases in the last 5 years until 1925, when 2 were notified. Both cases were treated at home and recovered with vision unimpaired.

There have been no vaccinations or re-vaccinations performed by the Medical Officer of Health under the Public Health (Smallpox Prevention) Regulations, 1917.

Tuberculosis.

There were 20 cases notified during the year 1925, classified as follows:—

Age-Periods.	NEW CASES.				DEATHS.			
	Pulmonary.		Non-Pulmonary.		Pulmonary.		Non-Pulmonary.	
	M.	F.	M.	F.	M.	F.	M.	F.
0	—	—	—	—	—	—	—	—
1	—	—	—	—	—	—	—	—
5	—	—	—	—	—	—	—	—
10	—	—	—	1	—	—	—	—
15	1	—	—	1	—	—	—	—
20	1	—	1	—	—	—	—	—
25	2	3	—	1	2	1	—	—
35	1	1	—	2	1	1	—	—
45	—	—	—	—	—	—	—	—
55	1	—	—	—	—	—	—	—
65	—	1	1	—	—	—	—	—
and upwards	—	2	—	—	—	2	—	—
	—	—	—	—	—	—	—	—
Totals ...	6	7	2	5	3	4	—	—

The efficiency of notification of Tuberculosis in this district is good. After a death or removal to an Institution the house is disinfected by your Inspector and this is also done in cases of severe infectious disease. The Tuberculosis Death-rate will be 0·57 per 1,000.

Factories and Workshops Act.

There are 15 Factories and 80 Workshops in your district. They have been inspected during the year. Eleven cases of want of cleanliness were observed, and were remedied on receipt of notice, and there was one unguarded circular saw in a sawmill put right.

Section 22 of the Public Health (Amendment) Act, 1890, has not been adopted in this district.

Laboratory Work.

Bacteriological Examinations are conducted at the Public Health Laboratory, Victoria University, Manchester, by arrangement with the County Council. Examinations of Sputum or Phlegm for the diagnosis of Pulmonary Tuberculosis are carried out by the Welsh Memorial Association at Cardiff.

Diphtheria Antitoxin and other Sera are supplied by you free of charge, through me to the practitioners in the district.

HOUSING.

I. General Housing Conditions in the District :

- (a) Fair, many very poor cottages, and there is a good deal of shortage.
- (b) The Llanfyllin Rural District Council do not contemplate taking action.

All measures are taken by private enterprise.

II. Overcrowding.—There are very few cases of bad overcrowding, but in many instances the houses are too small for the families occupying, and frequently children are sent out to sleep. No cases reported in 1925.

III. Fitness of Houses :

- (a) General standard of housing in the district :—

There are a great number of two-roomed cottages, many of them in a bad state of repair.

- (b) General character of defects :—

Defective roofs, bad ventilation, due to lack of management both by owners and tenants.

Housing Statistics.

Number of new houses erected and completed during the year :—

(a) Total	4
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(b) With State Assistance under the Housing Acts :—

(1) By the Local Authority	Nil
(2) By other persons	4

I. Unfit Dwelling-houses Inspection :

1. Total number inspected for housing defects (under Public Health or Housing Acts) 140
2. Number of dwelling-houses inspected and recorded under the Housing (Inspection of District) Regulations, 1910, or the Housing Consolidated Regulations, 1925 140

3.	Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	1
4.	Number of dwelling-houses (exclusive of those referred to under preceding sub-head) found not to be in all respects reasonably fit for human habitation	20
II.	Number of dwelling-houses rendered fit in consequence of informal action by the Local Authority or their Officers	15
III.	Action under Statutory Powers :					
(a)	Proceedings under Section 3 of Housing Act, 1925	Nil				
(b)	Proceedings under Public Health Acts :—					
(1)	Number of dwelling-houses in respect of which notices were served requiring defects to be remedied	5
(2)	Number of dwelling-houses in which defects were remedied after service of formal notices :—					
(a)	By owners	4
(b)	By Local Authority in default of owners Nil					

In conclusion, I beg to express my appreciation of the manner in which your Inspector has carried out his duties.

Table 572 (Factories and Workshops, &c.) is affixed to this Report.

I am, Gentlemen,

Your obedient Servant,

F. FELIX JONES. D.P.H.,

MEDICAL OFFICER OF HEALTH.

